



PARENT SUPPORT GROUP

Please join us at a new growing Parent Support Group, which started in Westford in April. Sessions are facilitated by Dianne Walsh, LICSW (Cognitive-Behavioral Therapist) and Sue Hanly, RN (school nurse/parent of a child with mental health issues).

The group is designed to offer both education and to form a supportive community for parents challenged with raising children struggling with mental health issues. Your neighbors, friends and others in town all have children with differences—come together and gain information and some skills to help your child.

The group is open to all—you do not have to be a Westford Resident.



Dates: 7/ 9, 8/13, 9/10, 11/12, 12/10

Location: Millennium School (behind Abbot)- Large All Purpose Room

Time: 7:00 pm -8:30 pm

Format: The first half will be educational and the last half will be to talk and discuss issues

For questions, please 978 692-5509

You may come to the entire group or come for just the educational or support section

July 9– Open Discussion and Q&A. Bring your resources

Aug 13– Guest Speaker Terry Delaney RN, Screening Psych Nurse at UMass Med Center– What to expect if your child needs to be screened, different placement options and why sometimes hospitalizations are denied.

Sept 10– Non Suicidal Self Injury (NSSI) (cutting, burning, denial of food) Why and What to do.

Oct 15- "You can't make me, "You can't stop me". ODD (oppositional defiant disorder) When your children think THEY have the power– how to change the power dynamics in the family.

Nov 12– Substance Abuse and Mental Health-when is smoking pot or a few beers ok? When is it self medicating

Dec 10– Holiday Struggles– Depression, Anxiety, Holiday stress– living with mental health issues during the holidays

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